

Y GYMNASTICS™

We build strong kids, strong families, strong communities.



Grand Traverse Bay YMCA
1100 Woodmere
Traverse City, MI 49686

This is not a TCAPS program

Grand Traverse Bay YMCA Recreational Gymnastics classes will meet weekly for six weeks. PreTeam & Team classes are ongoing with monthly payment plan. **Y Gymnastics will have final approval on class placement.** Phone Y Gymnastics at 929-2869 with all gymnastics questions. Session dates:

May Session (4 weeks): Week of May 18 – Week of June 8 (no classes Monday, May 25)

Boys & Girls ages 1 - 3 (w/parent)

Y Members: \$17 non-Members: \$33
 ___ Mon 10:30 am ___ Wed 10:30 am
 ___ Thurs 10:00 am ___ Fri Noon
 ___ Sat 10:30 am (all classes 45 minutes)

Boys & Girls ages 3 - 4

Y Members: \$17 non-Members: \$33
 (1st time 3 year olds must be placed by coach)
 ___ Mon 10:30 am ___ Mon 4:30 pm
 ___ Mon 5:30 pm ___ Tue 4:30 pm
 ___ Tue 5:30 pm ___ Wed 10:30 am
 ___ Wed 5:00 pm ___ Wed 6:00 pm
 ___ Thurs 10:00 am ___ Thurs 3:30 pm
 ___ Thurs 5:30 pm ___ Thurs 6:30 pm
 ___ Fri Noon ___ Sat 12:30 pm
 (all classes 45 minutes)

Boys & Girls ages 5 - 6

Y Members: \$17 non-Members: \$33
 ___ Mon 10:30 am ___ Mon 4:30 pm
 ___ Mon 5:30 pm ___ Tue 4:30 pm
 ___ Tue 5:30 pm ___ Wed 10:30 am
 ___ Wed 5:00 pm ___ Wed 6:00 pm
 ___ Thurs 10:00 am ___ Thurs 3:30 pm
 ___ Thurs 5:30 pm ___ Thurs 6:30 pm
 ___ Fri Noon ___ Sat 12:30 pm
 (all classes 45 minutes)

Boys Only ages 7 & up Rollers

Y Members: \$20 non-Members: \$36
 ___ Tue 6:30 pm ___ Wed 6:00 pm
 ___ Thurs 4:30 pm ___ Sat 11:30 pm
 (all classes 55 minutes)

Beginner Girls ages 5 & up Rollers

Y Members: \$20 non-Members: \$36
 ___ Mon 4:30 pm ___ Mon 5:30 pm
 ___ Mon 6:30 pm ___ Tue 4:30 pm
 ___ Tue 5:30 pm ___ Tue 6:30 pm
 ___ Wed 5:00 pm ___ Wed 6:00 pm
 ___ Thurs 4:30 pm ___ Thurs 5:30
 ___ Thurs 6:30 pm ___ Sat 10:30 am
 ___ Sat 11:30 am (all classes 55 minutes)

PARENTS PLEASE NOTE:

***Y Gymnastics is a progressive program.
 To assure the best and safest coaching
 for your child and other children, class
 placement by our coaches is necessary.***

Intermediate ages 5 & up Swingers

Y Members: \$20 non-Members: \$36
 (coach recommendation required)
 ___ Mon 4:30 pm ___ Mon 5:30 pm
 ___ Mon 6:30 pm ___ Tue 4:30 pm
 ___ Tue 5:30 pm ___ Tue 6:30 pm
 ___ Wed 5:00 pm ___ Wed 6:00 pm
 ___ Thurs 4:30 pm ___ Thurs 5:30 pm
 ___ Thurs 6:30 ___ Sat 11:30 am
 (all classes 55 minutes)

Gymnastics For HS Cheerleaders

Y Members: \$18 non-Members: \$32
 ___ Mon 6:30 pm ___ Wed 7:00 pm
 (all classes 1 hour)

Advanced 1 Kippers

Y Members: \$31 non-Members: \$47
 (coach recommendation required)
 ___ Mon 5:30 pm ___ Tue 5:30 pm
 ___ Wed 6:00 pm ___ Thurs 4:30 pm
 ___ Sat 9:30 am (all classes 2 hours)

Advanced 2 Flyers

Y Members: \$51 non-Members: \$67
 (coach recommendation required)
 choose any *two* times
 ___ Mon 5:30 pm ___ Tue 5:30 pm
 ___ Wed 6:00 pm ___ Thurs 4:30 pm
 ___ Sat 9:30 am (all classes 2 hours)

Pre-Team Levels 1-3 (4 hrs) Flippers

Y Members: \$66/mo non-Members: \$80/mo
 ___ Tues & Thurs 4:30 – 6:30 pm

Pre-Team Levels 4 (6 hrs) Twisters

Y Members: \$84/mo non-Members: \$98/mo
 ___ Tues & Thurs 4:30 – 7:30 pm

Pre-Team Levels 4-5 (9 hrs) Twisters

Y Members: \$98/mo non-Members: \$112/mo
 ___ Tue, Thurs, Fri 4:30–7:30 pm

Team Level 5 (12 hr)

Y Members: \$120/mo non-Members: \$134/mo
 ___ Tue, Thurs, Fri 4:30–8:30

Team Levels 5-6 (16 hr)

Y Members: \$164/mo non-Members: \$178/mo
 ___ M,W,F 4:30 – 8:30 pm, Sat 9:30 – 1:30

Team Levels 6-7 (18 hr)

Y Members: \$186/mo non-Members: \$200/mo
 ___ M,W,F 4:30 – 8:30 pm, Sat 9:30 – 1:30

Team Levels 8-10 (24 hr)

Y Members: \$240/mo non-Members: \$254/mo
 ___ M-F 4:30 – 8:30 pm, Sat 9:30 – 1:30

PRIVATE LESSONS AVAILABLE

Y Members: \$36/hr Non-Mem: \$42/hr

Birthday Party Rentals
 also available. Call 929-2869 for
 details.

**** NEW ** Baton Twirling Class**

Y Members: \$20 non-Members: \$36
 ___ Mon 4:30 pm ___ Mon 5:30 pm

WE'RE GROWING AND BOUNCING!

Y Gymnastics has expanded with an
 additional 3,000 sf gym featuring a new
 Adrenaline Maze Bounce House!
 Great for parties

Name _____ M/F Address _____
 Age _____ Grade _____ Birthdate _____ City _____ State _____ Zip _____
 Mother's Name _____ (Home) _____ (Work) _____ Current Y Member?: Y/N
 Father's Name _____ (Home) _____ (Work) _____ Member Exp Date _____

Liability Release, Sportsmanship Pledge, and Understanding of Mission: I hereby assume all risks incidental to the above person's participation and waive, release, absolve, indemnify, and agree to hold blameless the Grand Traverse Bay YMCA, its organizers, volunteers, sponsors, and other participants for any claim arising out of injury to said person during such participation. I give my permission to the Grand Traverse Bay YMCA for this registrant to appear in photographs, videotapes, etc. associated with YMCA programs. PARENTS: Our staff is trained in child abuse prevention and all sign a code of conduct. Please report any suspicious activity immediately. *I will at all times display the YMCA values of honesty, respect, caring, and responsibility and encourage all gymnasts and coaches in a positive manner. I understand the Y mission in offering this program: to build strong kids, strong families, and strong communities.*
 Signed _____ Date: _____

For Office Use Only:

Date received _____ Received by _____ Amount received _____
 Method of payment: cash check VISA/MC# _____ Expiration Date _____

